

Mom's Banana Bread

This recipe makes 2 banana bread loaves that have a deep dark brown color and are incredibly moist. It will keep fresh at room temperature, covered with plastic wrap or in an airtight container, for about a week, but it will never last this long! The darker your bananas are, the richer the flavor will be. So before throwing away dark bananas, try this recipe, it's simply amazing.

Makes 2 loaves | Prep time 10 minutes | Cooking time 2 hours 30 minutes

Pans needed: 2 bread loaf pans of 8 or 8.5 inches.

Ingredients

3 large and very ripe bananas (or 4 smaller ones, black skin is best)

3 ½ teaspoons baking soda

1 pinch salt

1 cup brown sugar, packed

2 large eggs

1 ½ cups all-purpose flour

¼ cup vegetable oil

½ cup sour milk (add milk and 1 tablespoon of white vinegar or lemon juice to make ½ cup)

Butter and flour for pans

Directions

1. Preheat the oven to 275°F and place the oven rack in the middle position. Butter and lightly flour 2 bread loaf pans (8x 4x2 ½ or 8½x4½ x 2½ inches).
2. In a large mixing bowl, add the bananas and mash with a fork until smooth.
3. Add all remaining ingredients and whisk until well blended and smooth.
4. Pour half of the batter in the first prepared pan and the remaining in the other.
5. Bake in the oven for 2 hours 30 minutes.
6. Remove from the oven and pass a knife gently on the sides of each pan. Let rest reversed on a wired rack for 20 minutes and remove pan. The bread pan should be easy to remove. If not, reverse and gently pass a knife on the sides again, try

to lift a bit of the bottom at the same time. Reverse on the wire rack again.
Remove the pan. Reverse bread on a serving place. Slice and serve.

Note: I usually freeze a loaf. Wrap in plastic wrap and then in foil or place it in a freezer bag. It will keep fresh for up to 4 months. I usually write the date on it so to know how old it is.